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MY SENATE RIVALS WHIPPED UP A WITCH HUNT AGAINST ME, SAYS WALLIN

HER SIDE OF THE SCANDAL PAGE 10

Being a celeb mom is a lot of Work, B**ch

Britney Spears says she has a lot on her plate PAGE 16

Canada puff, puff, passes the good stuff

Canadian weed is a big hit internationally PAGE 8

One of the side effects of the Vancouver 2010 Winter Games was a boost in pride and nationalism, dubbed the "red mitten effect." MARK J. TERRILL/THE ASSOCIATED PRESS

Who really won the 2010 Winter Games?

Financially, that is. Those who use big infrastructure projects saved the most cash

EMILY JACKSON
emily.jackson@metronews.ca

Congratulations, Canada Line riders, community-centre users and skiers who take the Sea-to-Sky Highway to Whistler's cross-country trails.

Turns out you won Vancouver's 2010 Winter Games.

There was a home-ice advantage to hosting the event, but only for residents who use the pricey infrastructure, according to the final report from the Olympic Games Impact study.

Residents paid just $1 for every $12 spent by the provincial and federal governments on the Sea-to-Sky Highway, the Canada Line and the Convention Centre, the report states.

So sure — while Vancouverites continue to get dinged on property taxes to pay off Olympic Village debt, they did get a deal on the three major projects, said study researcher and UBC faculty of education professor Rob VanWynsberghe.

The chance for federal and provincial infrastructure funding is why cities compete to host in the first place, he said.

"One of the only ways they seem to be able to get that money easily is to say, 'We're going to put on a big party, and the rest of the world is watching,'" VanWynsberghe said.

But some didn't walk away with a victory. The promised social housing in the Olympic Village has shrunken to 28 units from 256, VanWynsberghe said.

Yet he hopes a more positive legacy is yet to come. Vancouver could brand itself based on its big-event expertise and the sustainable technologies used in the Olympic Village, he said.

Gold medal

"Someone who works in the tourism industry, lives in Vancouver and has a place in Whistler is sitting the prettiest."

UBC faculty of education professor Rob VanWynsberghe, who conducted the research for the Olympic impact report through the university's Centre for Sport and Sustainability

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New Eastside housing will bump bottle depot

East Hastings. Property to make way for social housing development as relocated depot could be better for binners

EMILY JACKSON
emily.jackson@metronews.ca

Goodbye, bottle depot. Hello, social housing, affordable housing and a low-cost grocery store.

Vancouver city council approved a 14-storey residential and commercial building on the East Hastings property, home to United We Can, a Downtown Eastside institution where binners line up daily to deposit shopping carts full of cans.

The city, the developer Atira and the bottle depot are celebrating the decision, which will provide 52 units of social housing at $375 per month, 50 units of supportive housing and 67 units of rental housing.

Atira prioritizes housing for women and residents needing support for ongoing mental-health challenges.

Providing shelter

"Vancouver has a pressing need for new social housing ... with strong support ... for low-income women and those living with mental illness." Mayor Gregor Robertson

"Vancouver has a pressing need for new social housing, especially with strong support in place for low-income women and those living with mental illness," Mayor Gregor Robertson said in a statement.

The project is not forcing the depot off Hastings Street, United We Can general manager Gerry Martin said Wednesday.

The depot got the city's approval to move to 455 Industrial Ave. earlier in 2013, where it will be able to expand its operations and start a social enterprise in mattress deconstruction.

"We're literally increasing the size to three times the amount of space; people will be served at least twice as fast," Martin said.

While the change has been met with resistance from some binners, Martin is convinced they won't mind walking four blocks farther east once they realize they don't have to wait outside as long.

"I think binners are going to be thrilled," he said.

The depot plans to move on Jan. 15, 2014. There will be no gap in service, Martin said.

Blanket of fog rests on Rain City

A fog-covered Vancouver is seen from Cypress Mountain in West Vancouver on Wednesday. A heavy fog system has blanketed downtown Vancouver for more than a week.

JONATHAN HAYWARD/THE CANADIAN PRESS

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Report. Internet voting not secure enough

Internet voting requires more fine tuning — especially when it comes to eliminating security risks — before it can be widely used in provincial and municipal elections, says an independent report released Wednesday by British Columbia's elections agency.

The report, produced by a panel appointed by Elections BC, also warns that online voting may not necessarily lead to higher voter turnout and cheaper elections.

The 100-page report concludes it is still too early to move to Internet voting in B.C., including for next year's municipal elections, with security remaining the top barrier.

The preliminary report, which kicks off six weeks of public consultations, recommends provincial and municipal governments launch a provincewide examination of Internet voting. The report says such a process should include the creation of a technical committee to evaluate online voting systems. THE CANADIAN PRESS

Quoted

"The overall conclusion that people will likely draw from this report is it's cautionary. It suggests that there are still lots of challenges to be worked out in the application of Internet voting in a public election in B.C."

B.C.'s chief electoral officer Keith Archer

Decision. Municipality denied say in judicial review of ski resort

A municipality created for the sole purpose of propelling the development of North America's first year-round ski resort has been denied a chance to have a say in a judicial review of the project prompted by an area First Nation.

The B.C. Supreme Court said in a ruling posted Wednesday the matter is strictly between the province, which approved the project last March, and the Ktunaxa Nation.

The $450-million Jumbo Glacier Resort will be built in B.C.'s Purcell Mountains, about 55 kilometres outside of Invermere and 250 kilometres west of Calgary.

After it was approved, the Ktunaxa Nation applied for a judicial review later in the year, arguing the resort will be built on its sacred territory in the East Kootenays and that the province's approval of the project infringes on aboriginal rights and interests.

Court documents say the Ktunaxa Nation consider the area known to them as Qat'muk as the place where grizzly bears roam, and that the resort would affect their traditional religious practices involving "grizzly bear spirits."

THE CANADIAN PRESS

United Truckers Association union member Harmen Gill speaks at a rally outside Canada Place on Wednesday protesting long waits at Port Metro Vancouver.

KATE WEBB/METRO

Truckers protest long wait times at port

Labour. Delays are impacting wages and family lives, drivers say

KATE WEBB
kate.webb@metronews.ca

Hundreds of truck drivers rallied outside Port Metro Vancouver's downtown offices on Wednesday to protest long lineups they say are undermining their ability to make a decent wage.

Harmen Gill, one of the 13 members of the committee of the newly formed United Truckers Association union, said it can take three or four hours to get through lineups at the port.

He explained that drivers, most of whom are contractors, are not paid for that time since they are only paid based on the number of containers they pick up or deliver in a day.

"These people, they are living on their wife's cheques right now because what we're making is not enough," he said, surrounded by placard-waving workers.

"Whatever our family is making we are putting all that money into the truck, so these guys are to the point where they can't afford to fuel up. So that's it, enough is enough."

Speakers complained about having to leave home early in the morning before the rest of their families and not getting home until after dinner.

In a letter the workers delivered to Port Metro president and CEO Robin Silvester, they called for consistent, enforced rates that account for wait times at the port, and improvements at the port to reduce wait times to no longer than one hour.

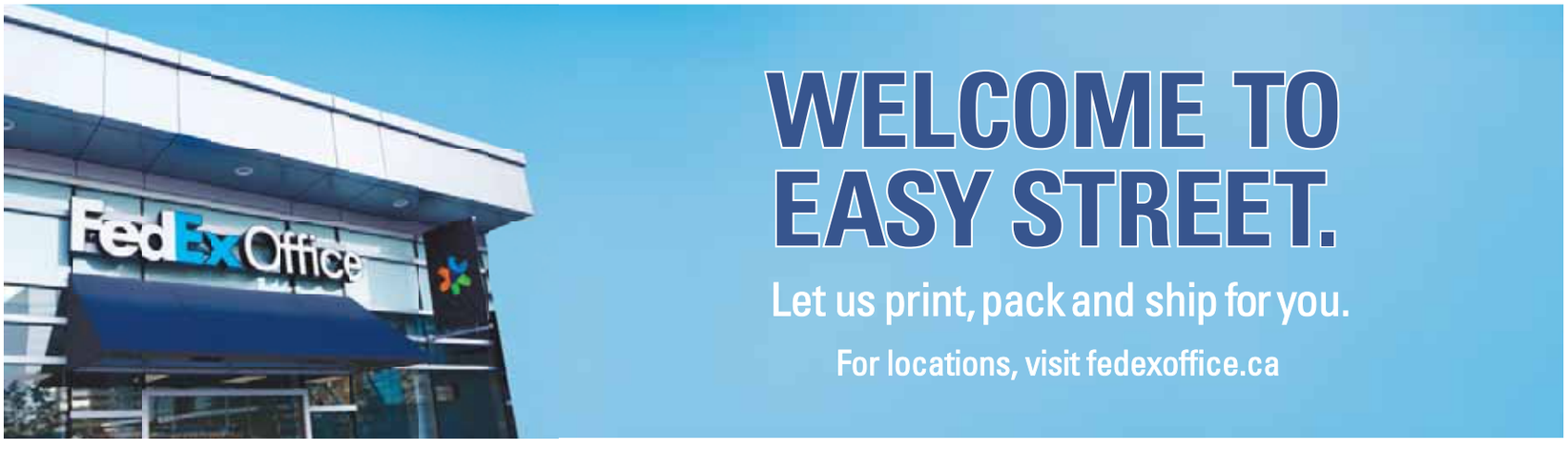
It also called for a moratorium on granting new licences to both truck companies and drivers.

B.C. Federation of Labour president Jim Sinclair fired up the crowd and raised the spectre of the 2005 strike that shut down the port for six weeks, costing the provincial economy an estimated $75 million a day in transportation costs alone.

"We're ready to sit down any time, any place, and fix these problems," he said.

"We have answers, so there's no need to do anything else right now. We just need to sit down and fix them. And if they can't fix them, then you know what to do."

Port Metro Vancouver did not immediately respond to a request for comment.



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Vancouver wants casinos to double down on public health

'Out of whack'. Recommendations include restricting access to ATMs in casinos to fight problem gambling

EMILY JACKSON
emily.jackson@metronews.ca

The city wants to raise the stakes when it comes to public health at Vancouver's casinos.

Coun. Kerry Jang introduced a motion for staff to research how existing casino operations line up with recommendations from a report on gambling released last week from Provincial Health Officer Dr. Perry Kendall.

Kendall recommended curbing access to booze in gambling facilities, limiting the number of high-risk electronic gaming machines on a casino floor and restricting access to cash (ATMs) in casinos in an effort to fight problem gambling, which doubled over five years.

If the city finds casinos operating "out of whack" with the recommendations, it will work with Vancouver Coastal Health's chief medical officer to find solutions, Jang said.

But the motion is also about making sure casinos follow the recommendations when they change locations, Jang said, pointing to the Edgewater Casino's move to a new urban development dubbed False Creek Central.

The casino floor space will not expand with the move, but "the types of games played within that floor space is an issue for us," Jang said, noting the Kendall report showed certain games are more addictive.

The city could put covenants on various things, such as signage, how people are enticed into the building and other types of advertising, he said.

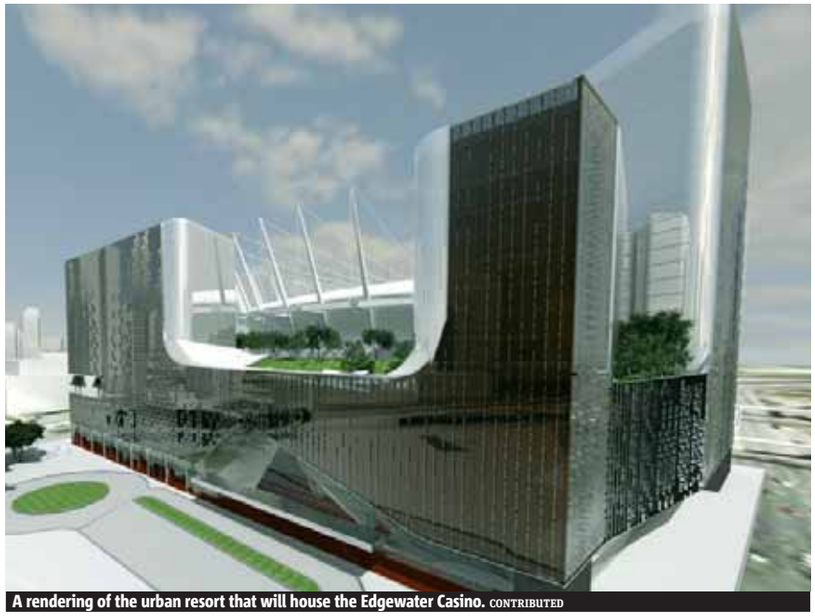
"If you want a permit application to operate or occupy your building, you're going to have to play ball with us," Jang said. "What you do there has to be under a public-health approach to reduce the risk of gambling."

Paragon Gaming, owner of the Edgewater Casino, is committed to delivering gaming in a manner that promotes responsible play, spokeswoman Tamara Hicks said in an emailed statement Wednesday.

"We conduct ongoing training with our staff to ensure compliance with best practices, which includes skills to identify potential concerns and offer assistance to our customers," she wrote.

The Kendall report is a policy document, she said, and B.C.'s Ministry of Finance is responsible for gambling in the province and is reviewing its policies.

Council is expected to discuss Jang's motion in early November.



A rendering of the urban resort that will house the Edgewater Casino. CONTRIBUTED

RCMP perjury trial delayed after materials not found

RCMP Cpl. Benjamin Monty Robinson THE CANADIAN PRESS FILE

The perjury trial for the senior Mountie involved in Robert Dziekanski's death at Vancouver's airport has been delayed, less than a week before jury selection was set to begin.

Former corporal Benjamin (Monty) Robinson was scheduled to stand trial in mid-November to face charges that he lied during a public inquiry into Dziekanski's death. Jury selection was scheduled to start next Tuesday.

But Crown counsel Tony Paisana told a pre-trial conference on Wednesday that prosecutors have been unable to locate unspecified materials requested by the defence. Paisana did not detail what those materials were, and outside court he declined comment. Paisana asked that the jury selection and trial be cancelled, with another pre-trial conference scheduled in a month to provide an update.

Judge Nathan Smith granted the request. It wasn't clear when the case will proceed to trial.

Robinson was among four RCMP officers who confronted Dziekanski at the airport in October 2007, the night the would-be Polish immigrant was stunned by a Taser and died.

All four officers were later charged with perjury for their testimony at the public inquiry into Dziekanski's death, particularly when they explained alleged discrepancies between an amateur video of the incident and what they had originally said in their statements and police notes.

Const. Bill Bentley was acquitted of perjury earlier this year, though the Crown is appealing that acquittal.

Trials for two other officers — Const. Kwesi Millington and Const. Gerry Rundel — are scheduled for early next year.

THE CANADIAN PRESS

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Pot smokers in Vietnam digging the Canadian bud

A man rolls a joint with Canadian-grown marijuana at his room in the old quarter area of Hanoi, Vietnam. Western-grown marijuana is popular among Vietnamese elite. NA SON NGUYEN/THE ASSOCIATED PRESS

Cannabis. It's also appearing in Japan and South Korea

For the young Vietnamese dope smokers rolling up outside a smart Hanoi cafe, local cannabis is just not good enough. As with their Adidas caps, iPhones and Sanskrit tattoos, so with their choice of bud: only foreign will do.

Potent marijuana grown indoors in Canada and the United States is easy to buy in Hanoi and Ho Chi Minh City, say regular smokers, and sells for up to 10 times the price of locally grown weed. That's perhaps surprising given that marijuana is easy to cultivate regionally, and bringing drugs across continents is expensive and risky.

Some experts say the trade can be explained by the dominant role Vietnamese diaspora gangs play in cultivating the drug in western countries, making sourcing the product and smuggling it to Vietnam an easier proposition than it might be otherwise.

The characteristics of cannabis use in the country also drive the trade. The drug is used mostly by foreigners and well-heeled Vietnamese, who are prepared to pay for quality. Vietnamese have long shown preferences for imported goods of all kinds — and it appears cannabis is no exception.

Smokers said one gram of Canadian weed retails for anything up to $45, the average weekly wage in the country. Mid-quality hydroponically grown marijuana sells for about $10 a gram in Canada and the United States.

THE ASSOCIATED PRESS

Stanley. Canadian sex offender held on bail in U.S.

A violent sex offender who fled Canada is being held on $100,000 bail after being accused of harassment and another sexual assault.

Michael Sean Stanley made a first court appearance Wednesday. A judge set his bail at $100,000, citing the circumstances of how he fled Canada to the United States. Wearing a red prison uniform with his hands shackled in front of him, Stanley appeared before the judge by video from the local jail.

Stanley did not speak to the judge during the brief hearing.

Michael Sean Stanley in court Wednesday in Seattle. ELAINE THOMPSON/THE ASSOCIATED PRESS

He entered the United States earlier this month as Canadian police were searching for the 48-year-old.

THE ASSOCIATED PRESS

San Francisco

Callers mistakenly directed to phone sex line

People who tried to complain about noise from a San Francisco marathon got an earful of racy language instead.

When they called the city's 311 hotline to complain about Sunday's Nike marathon, they were incorrectly directed to a phone sex line.

City officials now say they were given the wrong number and are investigating how the mix-up occurred. THE ASSOCIATED PRESS

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Pamela Wallin states her case

Under investigation. Former Conservatives Mike Duffy and Patrick Brazeau are also facing the possibility of being kicked out of Senate

Pamela Wallin says a government move to expel her from the Senate is an affront to Canadian democracy, motivated by politics and personal vendettas against her by confidantes of Prime Minister Stephen Harper.

The embattled senator — who has reimbursed almost $150,000 in travel expense claims that the Senate has ruled invalid — told the chamber Wednesday that she was targeted unfairly by fellow Conservatives Marjory LeBreton and Carolyn Stewart Olsen.

LeBreton was government leader in the Senate until she stepped down this summer. Stewart Olsen is a former aide to Harper who, until this week, was a key member of the Senate committee that sat in judgment on Wallin and three other senators, ordering external audits of their expenses and ultimately asking the RCMP to investigate all four.

Wallin said public opinion was whipped up against her by 14 different leaks to the media — leaks she believes "were orchestrated in large measure by senators LeBreton and Stewart Olsen" and which were designed to cast her conduct "in the worst possible light."

THE CANADIAN PRESS

Sen. Pamela Wallin arrives at the Senate on Parliament Hill on Wednesday.
ADRIAN WYLD/THE CANADIAN PRESS

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Royal baby baptism

Britain's Prince William holds his son George as they arrive at Chapel Royal in St. James's Palace in London, Wednesday, for the christening of the three-month-old prince. JOHN STILLWELL/THE ASSOCIATED PRESS

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Journalists Glenn Greenwald, left, and Jeremy Scahill will help lead an ambitious news outlet focused on "government transparency and accountability." SILVIA IZQUIERDO/THE ASSOCIATED PRESS FILE

Will $250M news experiment work?

Brainchild of eBay founder. Only time will tell if the well-funded venture to be led by group of activist journalists is able to reach lofty goals

KIERON MONKS
Metro World News in London

The biggest national security breach in U.S. history was a warm-up for Glenn Greenwald. The activist reporter who published Edward Snowden's revelations is to launch a well-funded news outlet with a priority to share secrets from the world of surveillance, raising fears that U.S. national security will suffer.

EBay founder Pierre Omidyar has pledged a minimum $250 million to the "mass media organization" and specifies a focus on "government transparency and accountability." Along with Greenwald, fellow NSA publisher Laura Poitras will be a founding member, as well Jeremy Scahill — the man who exposed the Blackwater scandal in Iraq and CIA torture practices.

Omidyar has been coy on details — the location and launch date have not been announced — but the billionaire is known to support a horizontal model giving more freedom to journalists than traditional media. Greenwald has said this freedom was a major incentive for leaving The Guardian, which redacted many of Snowden's documents for security reasons, although the published reports were still explosive enough to cause the resignations of leading NSA directors.

Thousands of the documents remain unpublished.

"I think Omidyar is mission-driven," Jay Rosen, director of journalism at New York University and close to both Greenwald and Omidyar, told Metro.

"What he gets out of it is the prestige of ... excellent, public-service journalism ... that reveals what would have remained hidden."

Great expectations

"We expect (they) will produce hard-hitting investigative journalism on the ever-expanding surveillance state."

A source at the Electronic Frontier Foundation, which is organizing an anti-NSA rally.

$6 for tea??? Starbucks aims to make stodgy drink of British grannies cool

Starbucks is trying to make tea trendy, with plans to open its first "tea bar" in New York City.

The Seattle-based company says Teavana Fine Teas + Teavana Tea Bar will serve sweets and other food including flatbreads, salads and small plates ranging in price from about $3 to $15. Drink prices will range from $3 to $6, and include novelties such as a Spiced Mandarin Oolong tea and carbonated teas.

The menu of food and freshly made drinks is a switch for Teavana, a chain of about 300 stores that sell boxed and loose tea and accessories. Teavana stores are mainly in shopping malls, but Starbucks CEO Howard Schultz said he plans to expand the footprint to include more locations in urban areas. THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.30¢ (-0.89¢)

TSX 13,243.40 (-4.66)

OIL $96.86 US (-$1.44)

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Natural gas: $3.62 US (+$0.03)
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BURPING COWS ARE A GAS, GAS, GAS

HE SAYS

John Mazerolle
metronews.ca

In these uncertain times of huge, unprecedented disasters like climate change and the Senate, it's nice to know that there are still stories that fill us with awe, still moments that make us think, "it's not such a bad life, after all."

Which is why, this week, I'd like to talk about burping cows. According to an Oct. 21 story by the Reuters news agency, Argentine scientists have devised a system that can tap directly into a cow's digestive tract and remove up to 300 litres of pure methane per cow per day, "enough energy to keep a refrigerator running for 24 hours."

This story raises all sorts of interesting questions. Like, my fridge can run on intestinal gas? Do I even need the cow?

But before I follow that line of thought to places we can't return from, here's an even bigger question: How come I never get journalism assignments like this? When I was a field reporter, I was always sent to events that had no effect on anybody, like city council meetings.

Yet some lucky Reuters reporter was sent to watch top Argentine agricultural technologists channelling digestive gases from inside a cow through high-tech tubing to a tank on its back.

I like to imagine it was just like NASA mission control: When the burps successfully entered the tank, scientists high-fived and whooped while a mission commander removed his headset and heaved a relieved sigh, possibly methane-based.

Though it would have been a fun assignment, it's my duty as a serious journalist to stress that this isn't all fun and gas. As Canadians, we have to be concerned that Argentina now leads the race toward cow-excretion-collection supremacy, probably because the world was so focused on Iran. Argentines: First they get the Pope, then they get the power.

Let's not understate the gold mine here: Cows produce what scientists call a "heap ton" of gas because cows have a lot of stomachs , including the Greater Stomach, the Lesser Stomach, the Secret Stomach behind the bookcase, and the Ultra-Deluxe Stomach (not available on all models, ask dealer for details).

You know how you feel after you've had four burgers and you're lying on the couch and your stomach starts making noises that seem to say, "All non-vital personnel, please clear the area"? Imagine how that would feel if you had multiple stomachs! For one thing, you could win every belching contest from here to Buenos Aires.

Even if such dreams never come to pass (get it?), it's clear that belching cows are now another technological advance to consider for countries seeking energy independence. Countries like Canada. Are you pondering what I'm pondering? Given the other big news stories in Canada, I think we can all agree that Canada's next course of action to slow climate change and greatly improve the Senate involves bringing long lengths of tubing to Parliament Hill.

At the very least, our fridges will run well. Give it a sober second thought.

ZOOM

My pet monster

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

A hairy, scary 30-year commitment

A tarantula peeks out of his webbing filling the entire container in Los Angeles. This is one of the 50 tarantulas nurse Dee Reynolds cares for at her home. Tarantulas are the heaviest, hairiest, scariest spiders on the planet. They have fangs, claws and barbs. They can regrow body parts and be as big as dinner plates, and the females eat the males after mating. But there are many people who call these creepy critters a pet or a passion and insist their beauty is worth the risk of a bite.

Unlike Fido or Whiskers, you can't cuddle with them, dress them for Halloween or play catch. They can cost hundreds of dollars, but they can also live for 30 years. THE ASSOCIATED PRESS

They grow up so fast ...

The tarantula starts life as a sling — short for spiderling — so they can be as small as a fingernail and grow as large as a dinner plate. It eats mostly live crickets, cockroaches and some mice. The spider turns prey into stew by pumping in venom through its fangs.
THE ASSOCIATED PRESS

Bites not so bad (usually)

All tarantulas can bite, but owners say it's no worse than a bee sting, unless you are allergic.

- Although there's no documented case of a fatal bite, some have more potent venom than others, and there is no anti-venom, so you treat the symptoms and hope for the best.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's a familiar problem that likely affects somebody you love: The agony that comes with waiting for your Candy Crush lives to refill. But don't worry — there's plenty of other free mobile games to save you from doing anything too productive.

Paint It Back:

A game of nonograms, which are grid-based puzzles that label each row and column with numerical clues for which squares must be shaded to reveal a picture. They're also known as Picross to Nintendo DS fans. If none of that makes sense to you, just know that it's good brain-teasing fun and Paint It Back is designed to ease you in gently. (iOS)

Candy Mania:

It wouldn't be unfair to say this game was, um, "inspired" by Candy Crush. But there are enough twists on the gameplay — not to mention the continual introduction of new mechanics — that it never really feels like you're playing the same game over again. (iOS/Android)

Pocket Mine:

Take control of a miner and start digging, collecting as many precious metals as you can until your pick shatters. Take that cash and upgrade your picks while acquiring upgrades like exploding coal and volatile grenade boxes, all set to a sepia-toned 8-bit soundtrack.(iOS)

Twitter

A U.S. man called the cops after his Jell-O went missing from the work fridge. What's your anti-lunch theft strategy?

I go out of my way to make really disgusting lunches so no one would want to steal them. Almost inedible. Really gross stuff.
@Canucklehead_ca

Tape a note explaining you're constipated and it contains a strong medicinal laxative.
@TradeMarck

Fake Moldy Lunch Bag!
@danfwhite

Super hot sauce. The thief is the sweaty person with a really red face.
@FrenchmanCanada

Label lunch bag "Poisonous snake specimen". For bonus points, actually put snake in.
@Cazzy

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Margie Gillis has still got it

Freeing Emily Dickinson. Dancer celebrates 40-year career with new show at The Cultch

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Legendary dancer Margie Gillis stars in Bulletins from Immortality ... Freeing Emily Dickinson at the The Cultch. SUBMITTED

Margie Gillis — one of this country's most iconic dancers — celebrates her astounding 40-year career with a new piece entitled Bulletins from Immortality ... Freeing Emily Dickinson.

Created and performed with American actress Elizabeth Parrish, the new work illuminates the words of one of America's best known poets through dance and theatre.

"(It's) a truly unique, memorable piece that honours the profoundly disquiet life and poetry of Emily Dickinson," says Cultch executive director Heather Redfern. "With thoughtful orchestration of Dickinson's poetry and stunning performances by two of North America's greatest performing artists, this work invites audiences to consider one of the most intensely loved yet remarkably elusive poets of the 19th Century."

Gillis adds: "Disparaged and largely misunderstood in her lifetime, it was only during the second half of the 19th Century that critics recognized the late Emily Dickinson as a major American poet. Since then, she has been hailed as a literary master renowned for her modern style and inspired freedom of expression.

"With such a profound voice, it's incredible to me that Dickinson's days were, on the surface, without incident. She was born and later died in the same house, never married, and rarely travelled. And yet, even in her lifetime, she was legendary. In both her life and through her words, she was a revolutionary."

Bulletins from Immortality ... Freeing Emily Dickinson is at the Historic Theatre at The Cultch (1895 Venables St.) until Sunday. Tickets start at $18. Visit TheCultch.com for more information.

Living voice of Fado, Mariza, returns to the Chan Centre

There are lots of things to love about Portugal — early explorers and water dogs, to name a few.

There's also Portuguese-Mozambican artist and Fado singer, Mariza, who performs at the Chan Shun Concert Hall this weekend.

The concert, part of a world tour that kicked off this past spring, is the performer's first time in Vancouver since her sold-out performance in 2009.

"Mariza's performances are some of the most powerful and expressive concerts that I have ever programmed," says Joyce Hinton, co-managing director of the Chan Centre. "Her ability to connect on a profoundly emotional level with audiences has helped her build a phenomenal following all over the world."

Mariza performs Sunday at the Chan Shun Concert Hall (at the Chan Centre for the Performing Arts).

Tickets are $36-82. Starts at 7 p.m. More information at ChanCentre.com.

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Britney Jean is just a mother

Spread-thin Spears. With a new album and Las Vegas show, pop singer is juggling kids and her career

Britney Spears may take on a sexy pop star persona in the video for her latest single Work B---- , but at home she says she feels like a "crazy mom."

Speaking in London recently, the 31-year-old singer says these days she juggles the demands of an international singing career with taking care of her two sons, Sean, 8, and Jayden, 7.

"Once you've done a shoot ... you have to come in and do homework and fix dinner twice and it's a lot of work," she said. "But I think as women we just manage it, we make it work."

Spears says she worked hard with her fitness trainer to get into top shape for her new video, sticking to two or three small meals each day. The American singer admitted, however, that she struggled to stave off food cravings in the weeks leading up to the video shoot, saying: "I love to eat my popcorn at night!"

And the first thing she ate afterward? "Just chocolate, chocolate, chocolate," she said.

Work B---- is the lead single from Spears' 8th studio album Britney Jean — the name her family calls her — and she says it's her most personal album to date. Produced with will.i.am, Spears co-wrote every track, including a song about her split with Jason Trawick in January.

"'I think it will make girls not feel alone in this situation," she explained.

"When they're alone in their room and they broke up with their boyfriend, they have a song they can go to and listen to, just makes them feel better about themselves."

Not content with just a new single and a new album, the singer is also preparing for a Las Vegas residency at the Planet Hollywood Resort and Casino.

In a show titled Britney: Piece of Me, Spears will perform 50 dates over two years. The Grammy-winner says she has a vocal coach to strengthen her voice for the show.

She described the process as "grueling" — but says she can't wait for the experience. "I know I'll be nervous, but I'm going to be excited, too. It's going to be cool," she said.

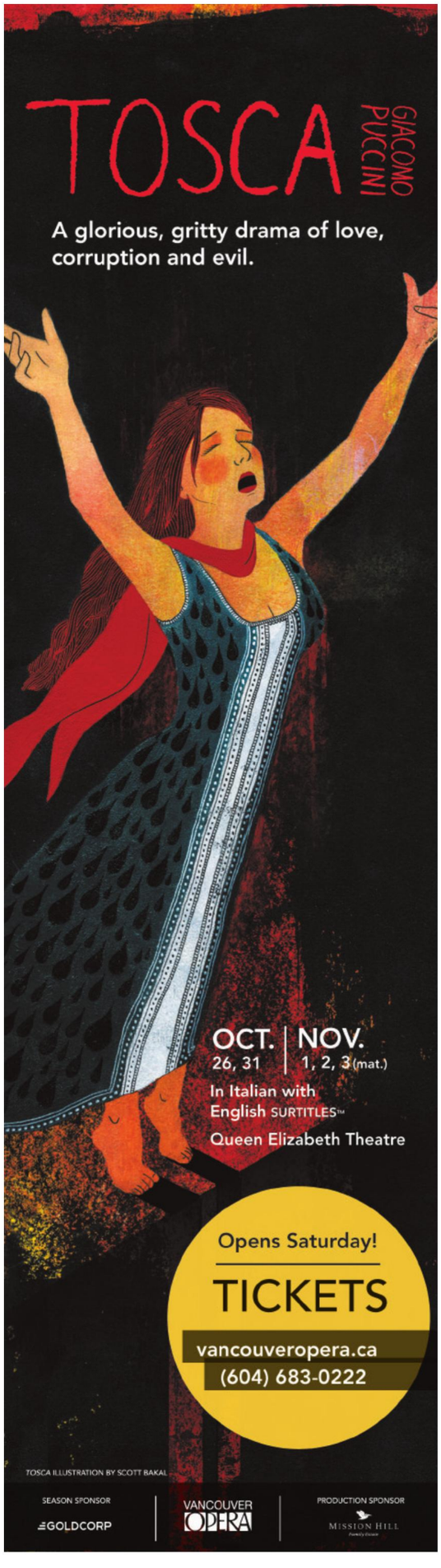
THE ASSOCIATED PRESS

Britney Spears will perform 50 shows over two years at the Planet Hollywood Resort and Casino. THE ASSOCIATED PRESS

Great time for pop ladies

Spears feels it's a good time for women in pop music right now, citing the success of Rihanna, Lady Gaga, Madonna and Taylor Swift as her inspiration. "There's so many strong, powerful women in pop music culture today," she said.

- **Dates.** Britney Jean is out Dec. 3 and Britney: Piece of Me debuts in Las Vegas on Dec. 27.



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Iron Man's soft spot is a few family secrets

Spoiler alert.
New comic book plot line finds Tony Stark in filial funk

Tony Stark's always been a man of many talents for whom surprise is a rare thing.

But the avenging philanthropic billionaire — better known for the high-tech armour he wears as Iron Man — finds himself felled by not one, but two, family secrets that has him questioning his place in the world and why the reality of his origin was kept from him.

The big reveal came in the pages of Iron Man No. 17, out yesterday in comic shops, written by Kieron Gillen, illustrated by Carlo Pagulayan and Scott Hanna, lettered by Joe Caramagna and edited by Mark Paniccia.

In it Gillen brought the long-simmering story to its conclusion with Stark finding out that not only is he — again, spoilers — adopted, but that his parents, Howard and Maria, had a son — imbued with alien technology proffered by the rogue android 451 — who has been hidden away from the world, laden with unknown abilities and, perhaps, powers.

Gillen calls it a new challenge for Stark, one that is closer to home and more down to earth than his normal conflicts, which have included villainous masterminds, god-like alien intelligences and mechanical behemoths, among others.

"What could I do to challenge the characters' core conception of their self," Gillen said in an interview of the revelations which find Tony both accepting of them yet still experiencing a swirl of emotion as the facts of his life come out in full view and meeting his brother, Arno, who has been in a hospital his entire life, wanting for nothing, but an enigma regardless.

"When you discover something about yourself, you reprocess. How does it churn in the gut? How do you re-examine your life?" said Gillen. "It's a completely different prism in how you study yourself."

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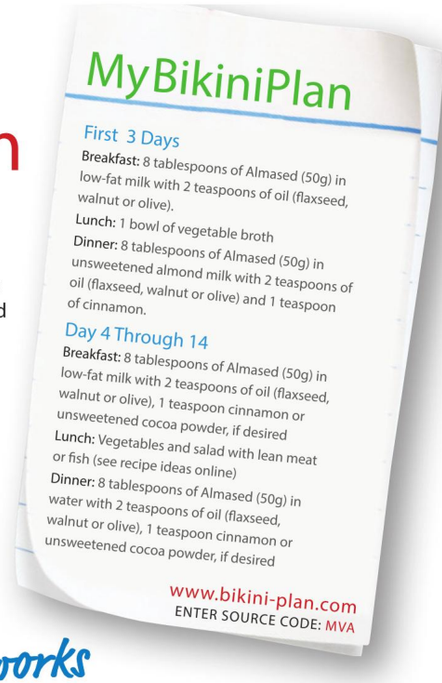
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First line, last line and Mochrie fills in the rest

New book. Toronto-based comedian puts his own zany spin on a handful of classic tales

The opening story in the debut book from improv master Colin Mochrie begins with the opening lines of Arthur Conan Doyle's A Study in Scarlet, describing Sherlock Holmes seated at a breakfast table.

What follows is far from elementary, as the famed fictional detective dresses in drag and racks his brain — not in order to solve a crime, but to figure out how to do standup comedy.

In his newly published collection of short stories, Not Quite the Classics (Viking Canada), Mochrie takes the first and last lines from 12 famous novels and re-imagines the middle.

The approach stems from the improv game First Line, Last Line, in which the skit's beginning and ending are supplied by the audience and the performers invent the rest.

"When I was first asked by my agent to write a book — apparently he does not like me having free time — because I have no experience at writing, I thought I would use my improv experience to help me guide my way through this," Mochrie said in a recent interview.

Using the first and last lines, "I figured ... two per cent of the book is written, so I'm set," he added with a laugh.

The Toronto-based Whose Line Is It Anyway? star said he was a shy child who read a lot, but he never wanted to write a book until his agent suggested it.

He was convinced to take on the project by actress Debra McGrath, his wife who "does a lot of writing," is "incredibly disciplined" and "incredibly supportive."

"Actually, I think I'm writing this book because of her, because she's a very positive person. I am less so, much less so," said the typically self-deprecating Scottish native, who was recently named Canadian comedy person of the year at The Canadian Comedy Awards.

"But she has this thing, and she's actually talked me into doing it: There's a thing in improv called, 'Yes, And,' where you accept people's ideas and then you build on that, so it's always positive. We've kind of talked about, in the last couple of years, saying yes to things that we ordinarily would say no to.

"I've found it leads you to these adventures you never would've taken the chance on, and writing a book was something I never thought about, so I thought, 'Well, I'll use Deb's Yes, And thing and see where it takes me."

The TV actor said he chose the stories according to whether they had first and last lines that inspired him and yet were vague enough.

The first one he tackled was Dr. Seuss's The Cat in the Hat, which he turned into a poem about a zombie invasion.

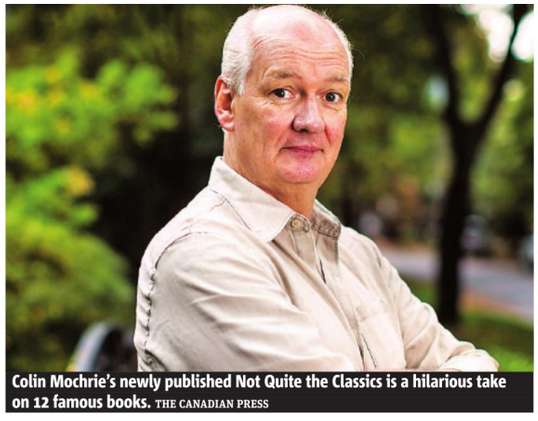
"It was the first book I read as a child; it was the first book I read to my son, so I know it really well, and it rhymes and it's easy," said Mochrie, who performs with his longtime improv partner Brad Sherwood at the Queen Elizabeth Theatre in Toronto on Oct. 30.

"So I thought that would be a nice way to ease into it, and it was actually fairly easy to write and pain-free. I thought, 'Oh, this is what the rest of the (project) is going to be like.' I was wrong. Totally wrong. Absolutely, completely, 100 per cent wrong."

Despite the challenges he faced, Mochrie managed to inject the stories with the same charm, humour and zany scenarios he's brought to his improv performances.

There's the one inspired by Herman Melville's Moby Dick, in which a balding actor abuses the powers of a magical toupée to advance his career.

THE CANADIAN PRESS



Colin Mochrie's newly published Not Quite the Classics is a hilarious take on 12 famous books. THE CANADIAN PRESS

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METRO DISH

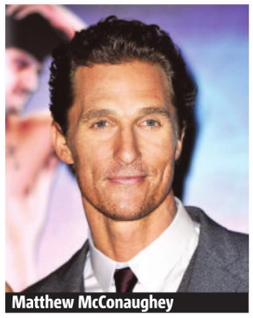
OUR TAKE ON THE WORLD OF CELEBRITIES

Katharine McPhee

Married McPhee caught kissing married director

American Idol alum Katharine McPhee has been caught locking lips with her former Smash director Michael Morris after an intimate lunch date, according to Life & Style. The only problem? They're both married — McPhee to performer-turned-producer Nick Cokas and Morris to actress Mary McCormack. McPhee and Cokas "have been separated for six months," a source says. "Nick continues to co-manage her music." But the status of Morris and McCormack's marriage is unclear.

Forget it girls, there'll be no 50 Shades of McConaughey


Matthew McConaughey

A whole lot of actors are being considered to replace Charlie Hunnam as Christian Grey in the Fifty Shades of Grey movie, but don't include Matthew McConaughey on that list. "I've heard of it, yeah. I have not read the book. I don't even know what the book is about," he tells E! News when pressed on the subject. "I'd be making up an answer if I told you any more."

The Word

Lohan and posse hit wrong notes in Karaoke bar

Apparently Lindsay Lohan doesn't need booze to get into trouble during a night on the town. The troubled actress was reportedly "insanely belligerent" after an all-night party in a private karaoke room at a New York City bar, according to the NY Daily News. While Lohan was overheard insisting she wasn't drinking, her hangers-on drained a bottle of Jameson whiskey and left the room littered with bottles and trash, sources say. Lohan is said to have pleaded with the staff to keep the bar open once closing time hit, and when the staff refused the Mean Girls star reportedly summoned the police and complained that she and her friends had been held captive in the karaoke room. No police report was filed.

Twitter

@MarkDuplass
TWISTER was invented by a couple trying to get their dinner guests to swing with them, right?

@ABFalecbaldwin
The Post is obsessed w my wife's boobs. Get in line.

@bobsaget
When someone says something negative to you, turn it into a positive. Tell them you want to sleep with their mother.

Katy Perry and John Mayer. ALL IMAGES GETTY

Mayer's marriage proposal to girlfriend Perry 'a question of when' not if

Katy Perry and John Mayer are getting so serious that news of an engagement is all but inevitable at this point, according to Us Weekly. "Everyone knows it's just a question of when John will propose," a source says. Perry and Mayer, who have been dating for more than a year — with a three-month break earlier this year — "realize they must be together," the source adds. "They Skype and text all day. John always checks in before bed."

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SS 14's golden girls

Shimmer and shine. Pat McGrath's glittering brows at Dior and Dries Van Noten's side partings fashioned with gold leaves have given us gold fever. But for everyday wear simply work in a hint of warm, sparkly hues to get that candlelit glow.

ROMINA MCGUINNESS
Metro World News

The show-stopping gold make-up looks spotted on the SS 14 runway were beautiful, but they only work on the runway. You don't want to dazzle your colleagues with all your bling or crack a tooth on the glitter that's landed in your granola.

"Gold makeup is incredibly flattering and works with all skin tones — pretty much everyone can suit a chocolatey bronze. It's like adding sunlight to your face," makeup artist Florrie White, who's worked with the likes of Blake Lively and Rosie Huntington-Whiteley, tells us.

She shows us how to play with the trend:

Highlight Your Face

"A gold highlighter (try the Smashbox Halo Highlighting Wand in Gold or NARS multi-stick in Malibu) will give you that candle light luminosity. Focus on the inner corner of the eyes (to open them up and take away tiredness) and on the temples. Dab some right down to the apple of your cheek so that when you move you get a fuzzy glow around you. Highlight the bridge of the nose for an extra spot of light and your cupid bow to create a fuller top lip."

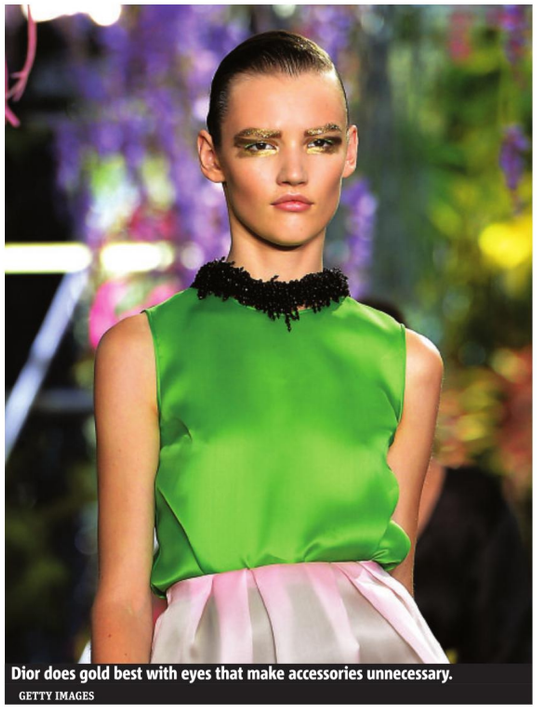
Warm Your Eyes

"Go for a blown out, gold-bronze smoky eye by using a chocolate gold liner under the eye (try Charlotte Tilbury's eye powder pencil in Sophia). Really bring out the lash line by blending it down. Next, take a gold eye shadow, such as L'Oreal Color Infallible in Goldmine, and wash it all over the lid. Really blend it out so that you get a warm glow behind the lashes. Enhance the look by adding a little bit of a darker eye shadow (such as Color Infallible in Sahara) in the eye sockets."

As for the rest...

- Frame the eyes by slightly grooming and filling in your eyebrows.
- Apply a glittery beige-nude on your lips. Besame Cosmetic's lipstick in Champagne works well.
- Make sure your mascara is combed through and that you don't get powder or cream stuck on the lashes, as this will take away from your lash line.
- Add some gold flecks to your face with NARS's Orgasm Blush.

And for a little extra sparkle we loved:



Dior does gold best with eyes that make accessories unnecessary.
GETTY IMAGES

NARS
Eye paint in Iskandar
narscosmetics.com

Topshop
Glitter eyes in Sprinkles
topshop.com

Shiseido
Luminous satin eye colour trio in Into The Woods
shiseido.com

Besame Cosmetic
Lipstick in Champagne
besamecosmetics.com

Charlotte Tilbury
Eye powder pencil in Sophia
charlottetilbury.com

Barry M
Glitter nail paint in Gold Majesty
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Upping the comfort quotient

Homebody hedonism.
As cooler weather closes in, creating a quiet nook all for yourself provides some at-home escapism

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Whether on a quiet Saturday morning or early mid-week evening, we all have times when we crave some space to ourselves — and many of us have a special nook in our home that allows us to get away.

For some, that space is found in the corner of a comfy sofa or by lying in bed to read. For others, it's getting away from roommates and family by socializing on the computer.

Creating a quiet spot all your own doesn't take up much space; it's about surrounding yourself with comforts you enjoy.

A favourite chair can be styled with a back-support pillow, decorative throw or a small side table.

In the bedroom, add some support pillows for reading, and a laptop or portable television for watching movies. Grab a pair of earphones so you can selfishly listen to your own movie or music, thereby helping to create a world all your own.

At your desk, make sure you have a spot for your favourite coffee cup, a relaxing scented candle and some family or vacation photos to offer up visual breaks from the computer screen.

Great comfort and support for studying, reading or while watching television in bed. Microsuede Backrest, $25, bedbathandbeyond.ca.

From office to bedroom to living room, an extra side table can be used to hold a book, coffee or decorative candles. Lawson Side Table, $174, homesav.com.

Keep your favourite cup of java warm while reading in bed, soaking in the bath or socializing online. Place one in every comfort nook around your house. Salton Mug Warmer, $10, Walmart. Check walmart.ca for store availability.

Stylish, sleek and reminiscent of a first-class lounge seat, this chair won't get in anyone's way. Benson Motion Recliner, $1,800, urbanbarn.com.

This anywhere lamp casts the perfect spotlight for reading in bed, the office or the living room. Graham Table Lamp, $322, crateandbarrel.com.

Place your single-serve brewer close at hand, and you can have Tim Hortons coffee without even getting up from the lounger. Tim Hortons Single Serve Coffee Cups, $9 per pack of 14, timhortons.ca.

Pest control

Halloween candy works a treat on pesky mice

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I live in an older home in Halifax and often have mice in the fall season. How do I get rid of them? Thanks, Mr. Butler!
— Kathy

As many people know, mice become more common indoors in the fall because they want to come in from the cold.

Well, as one caller from Nova Scotia suggested on a recent radio show, you could buy a white mouse and let that loose in your home — then when the outdoor mice encounter it, they'll think they've seen a ghost and run away. Alright, that's a terrible joke (and trust me, it's not the way to get rid of mice) but as it happens, there's another Halloween-related theme that comes in handy when dealing with the pesky rodents.

When I was a working butler, we had mouse problems at my employers' home in the country. I was taught the following trick, and it really works:

- Get a large glass jar such as an empty pickle jar.
- Fill the base of the jar with at most one cup of corn syrup, as well as a few pieces of broken chocolate (possibly from your Halloween candy pile) and half a handful of peanuts.
- Put the jar in the area where you have mice, then take a yard stick and lean it so it's resting on the open neck of the jar and the floor.

The mice will smell the concoction of sweets and nuts, walk up the yard-stick and fall into the jar. They'll be unable to get out as long as you pick a large enough jar.

Now, I know there are many chemical solutions for getting rid of mice, but let me tell you, this good old-fashioned method works like a charm every time, and after you catch a few the mouse problem is all gone. Good luck, Kathy, and do let us know how it goes.

Sure, he's cute. But if you don't want him in your home all winter, take Charles' advice. ISTOCK

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Grasscloth's glam comeback

Resurgence. There's been a wallpaper boom in the last decade, and now grass coverings are coming back 'big time'

Crezana Designs' range of wallcoverings includes high-style takes on grasscloth and other natural materials such as woven straw and burlap. The wallcoverings incorporate embroidery, hand printing and metallic accents such as grommets and nail heads. See crezana.com for more. Above, Crezana's Ikat wallpaper in Azure features embroidery.

ALL PHOTOS COURTESY CREZANA DESIGNS

The designs and styles of the past have been popping up in everything from music to fashion, and recently interior design has seen a resurgence in the use of wallpaper.

Throughout the 1960s and '70s wallpaper was used to cover entire rooms, but as with many trends people grew tired of it and adopted solid coloured walls.

"Over the last eight or nine years, I've slowly seen a wallpaper resurrection," said Ivan Meade, principal designer at Victoria's Meade Design Group.

"People have started decorating in a more traditional way, including window treatments, wallpaper and different upholsteries. The design esthetic is becoming richer again and is part of the design process."

While wallpaper may be an influence from the past, Meade said it is being used in contemporary applications and the materials with which it's made have been updated.

Unlike traditional wallpaper, current patterns are available in vinyl so that they can be used in bathrooms and kitchens to minimize the risk of mould growth and peeling due to steam.

"Grass wallpaper is also coming back big time and that was popular in the '70s, but the designs and materials now are different," said Meade.

Instead of wallpapering an entire room as was seen in the past, Meade said wallpaper in smaller areas is a great way to create visual interest or an accent wall.

He said nearly all of his current designs incorporate some wallpaper.

"I like to put wallpaper behind bookcases and on the faces of stairs that gives some visual interest," he explained. "We have also used it for a kitchen backsplash and put glass in front of it to protect it."

Even though wallpaper is being used in new bold ways, Stuart Stark, design director of Victoria's Charles Rupert Designs, has worked to keep historic patterns alive.

Stark started Charles Rupert Designs in the late '80s when he was working on heritage home restoration.

"In 2004, we decided to start our own lines of wallpaper because a lot of the historical lines that many of the established firms had done were being discontinued," said Stark.

"We thought there was still a specialized market there if you were marketing them correctly. Over the years we have been collecting a rather large collection of historic wallpapers."

Despite Charles Rupert Designs' focus on historic wallpapers, Stark said nearly 50 per cent of his clients are purchasing wallpaper for newly built homes or condos.

Many new condos and houses are painted in greys, beiges and whites and, according to Stark, homeowners are looking to wallpaper to add richness and warmth to their homes.

But before homeowners choose wallpaper, both Stark and Meade said there are some important things to consider.

"If you have cats, do not put up a seagrass or grass wallpaper," said Meade. "Cats just love to scratch at it."

THE CANADIAN PRESS

Meeeeow

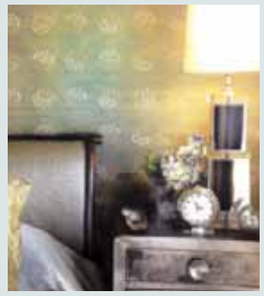
"If you have cats, do not put up a seagrass or grass wallpaper. Cats just love to scratch at it."

Ivan Meade, principal designer, Meade Design Group

Contemporary designs

Crezana Designs' Naziri embroidered grasscloth wallcovering. See crezana.com for more.

Crezana Designs' Dolce Vita burlap wallcovering with silver grommets



Crezana Designs' Pee Gee embroidered grasscloth wallcovering

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Rocking a fall design trend

Decor. Natural elements like stones and minerals are popping up in decorative items

Along with grainy woods, metallics and other textural elements, rock and mineral-themed decor is part of a fall trend toward nature and natural elements.

In many cases, real rocks and minerals are integrated into the decorative items.

Los Angeles interior and product designer Hillary Thomas says she responds to the divergent qualities of primitiveness and sophistication in rocks and minerals.

"I find that using pieces like petrified wood and malachite helps a space look more collected and layered," she says.

And the range of colours — the bright agates, the neutrals — is fun to play with. "You can be colour-shy and still tie a room together or make a big statement with a finial," she says.

Thomas creates lamp finials out of slivers of malachite, howlite and agate, as well as unusual specimens like inky iridescent labradorite, creamy blue-tinged chrysophase and petrified wood. The colours range from intense purple, turquoise and cranberry to light sunny yellow, snowy white and a range of striated hues. See hillarythomas.com for more.

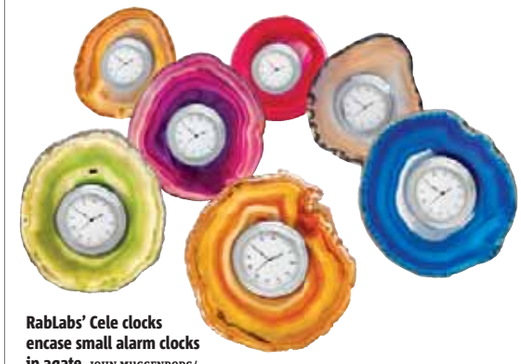
RabLabs' Cielo lamp has a pillar of amethyst crystals topped with a pretty shade. JOHN MUGGENBORG/MUGGPHOTO.COM/RABLABS/THE ASSOCIATED PRESS

Besides aesthetics, some stones have been endowed by various cultures with special properties. The Chinese view jade as a protective stone, and it features prominently in feng shui, the ancient art of harmonizing individuals with their environment.

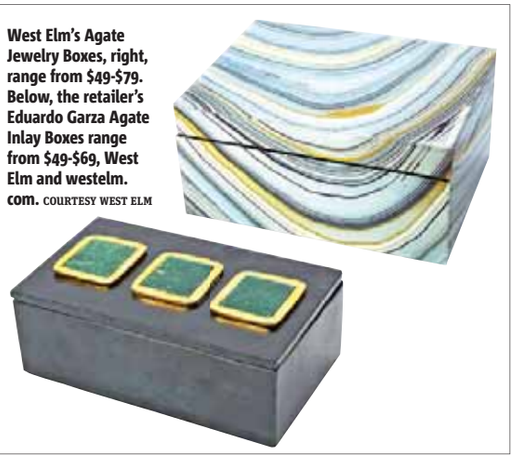
The Vikings carried calcite, believing it aided in navigation. Native Americans considered chalcedony — the family of minerals that includes jasper, onyx and agate — capable of imparting strength and courage.

"I have a client who keeps a pyramid of lapis lazuli under her bed to ward off bad vibrations," says Toronto-based mineral and bead dealer David McDonald.

West Elm's Agate Bookends, $19 each, are sold individually, West Elm and westelm.com. COURTESY WEST ELM



RabLabs' Cele clocks encase small alarm clocks in agate. JOHN MUGGENBORG/MUGGPHOTO.COM/RABLABS/THE ASSOCIATED PRESS



West Elm's Agate Jewelry Boxes, right, range from $49-$79. Below, the retailer's Eduardo Garza Agate Inlay Boxes range from $49-$69, West Elm and westelm.com. COURTESY WEST ELM

This Arteriors' Sydney lamp, available at horchow.com, has an elegant tapered marble base. MATTHEW SAVINS/HORCHOW/THE ASSOCIATED PRESS

Examples of Brazilian agate and onyx cut into bookends can be found at therockshed.com. Some have the crystalline characteristics of geodes, while others come in vibrant pink, teal and red hues.

Table lamps are an easy way to add a touch of stone. Arteriors' Sydney and Herst marble lamps, both at Horchow, horchow.com, have honed and softly buffed marble bases that develop a dreamy translucence when lit.

From the John Richard collection, there's a stacked, square-cut alabaster lamp with a geometric vibe. And the retailer's River Rock nightlight lamp's base is a rectangular slab of acrylic embedded with small white rocks; a small bulb fixture is encased in it as well, so you can use both the main lamp and nightlight, or just the latter.

Eduardo Garza's agate-inlaid jewelry boxes are part of West Elm's fall collection, and are available at westelm.com. Swirls of natural graphic design make a group of agate ornaments intriguing for the holiday tree, or just to hang on cupboards or window latches.

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Having an idea of the size of work you want to hang can help narrow down your search. ISTOCK

This artist is so hot right now, but is he right for you?

Decorating. An expert offers tips on how to narrow your art search

TINA CHADHA
Metro World News in New York City

Cristina Salmastrelli, director of the Affordable Art Fair in New York, isn't some stodgy art snob (just check out the hysterical "S— People Say At Art Fairs" YouTube video she co-stars in). To help novice collectors finally make their first art world purchases, she offers the following tips.

Do some homework
Before you think about buying art, look through art websites or magazines to see what type of work you're attracted to, says Salmastrelli.

"Do you like oil paintings or photography? Do you like small pieces that you can bunch together? That's something that's really important to know, because art can be overwhelming," she says. "If you figure out the genre you're looking for, that narrows it down." Salmastrelli recommends perusing sites such as artnet.com, artsy.net and blouinartinfo.com.

Size matters
To help narrow down your search, "think about the size you want," says Salmastrelli. "Are you looking for something to go over the couch in the living room or over the bed in the bedroom? Or are you looking for something that's going to hang above a side table?"

Know your budget
"This will help you stay focused when you (walk through a fair or gallery) and not get overwhelmed," says Salmastrelli.

Fall in love
"The most important thing about buying a work of art is that you fall in love with it," says Salmastrelli. "You don't want to buy a piece because the name is hot or someone else has it. And when you see it in your home, it's going to make you smile every time."

Ask questions
Don't be afraid to ask a dealer questions and learn more about a piece. Salmastrelli suggests starting with: "What kind of materials were used? Where is the artist from and where is he or she in their career?"

See it in person

"If you're in a city that does have galleries, definitely walk around them. When you see art in person, it has an amazing effect on you and it's very different then if you see it over in a magazine or a computer screen."
Cristina Salmastrelli, director of the Affordable Art Fair in New York

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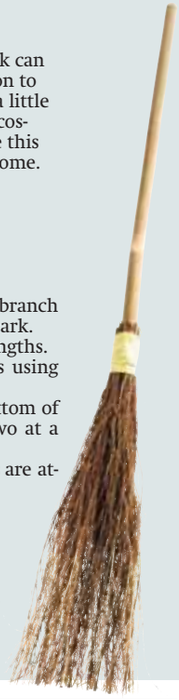
Homemade Halloween

Style gurus Steven Sabados and Chris Hyndman are getting ready for Halloween and shared these easy, cost-effective DIY projects to help you get into the seasonal spirit. For more Halloween tips, watch Steven and Chris weekdays at 2 p.m. on CBC.

ALL PHOTOS AND TEXT PROVIDED BY STEVEN AND CHRIS

Homemade witch's broomstick

A homemade witch's broomstick can be a subtly spooky decor addition to your front porch or it can lend a little touch of authenticity to a kid's costume. Here's how you can make this iconic Halloween accessory at home.



- A collection of sticks
- A large branch or broomstick
- String

Method:
1. Collect sticks and a large branch from your backyard or nearby park.
2. Break the sticks into equal lengths.
3. Tie sticks into small bundles using string.
4. Attach the bundles to the bottom of the branch or a broomstick, two at a time.
5. Repeat until all your bundles are attached.

Nosey jack-o'-lantern

Put a new spin on your jack-o'-lantern this Halloween by literally turning your pumpkin on its side. Try this easy DIY this Halloween — no special tools needed.

- Pumpkin
- Pumpkin carver
- Flameless candle

Method:
1. Turn your pumpkin on its side so the stem faces you.
2. Use the stem as the nose of your jack-o'-lantern design.
3. Carve pumpkin and hollow it out.
4. Place a flameless candle in the jack-o'-lantern.

Tastefully spooky ladyfingers

There's nothing like bringing the theme of Halloween to unexpected places such as the dessert tray. These scary snacks are easily prepared and are a fun way to be tastefully creepy.

- Store-bought ladyfingers
- Store-bought icing
- Almonds
- Platter

Method:
1. Lay out store-bought ladyfingers on a platter.
2. Use store-bought icing to adhere almonds to the ends of the cookies to resemble spooky fingers.
3. For extra spookiness, use red store bought icing to adhere the almonds.

Topsy-turvy pumpkin tower

Make pumpkins the focal point of your outdoor Halloween decor with a topsy-turvy pumpkin tower. These no-carve creations are quick to assemble and can also be displayed as topiaries for a fun take on a formal front entryway.

- Cinderella or other unique pumpkins
- Marker
- Shish kebab skewers
- Wood carving U-gouge tool

Method:
1. Choose unique-looking pumpkins or gourds for this project, like the Cinderella variety.
2. Draw designs on the pumpkins with a marker.
3. Stack gourds one on top of the other to get a sense of how they will come together in the end.
4. Lightly carve the design into the face of each pumpkin, just beneath the skin's surface, using the U-gouge. Note: The U-shaped base is attached to a large blade, so be extremely careful when working with it.
5. Once you have carved your full design into the pumpkins, stack once again and secure together using the skewers.

Halloween meringue bones

Create a creepy culinary crime scene that's devilishly delicious with these simple ingredients. These light and airy confections can be creatively displayed to spook your Halloween guests.

- 1-1/2 cups sugar
- Pinch of salt
- 5 egg whites
- Pinch of cream of tartar
- 1 tsp almond, vanilla, orange or lemon extract

Method:
1. Preheat oven to 220 F. Line two cookie sheets with parchment paper. Prepare a pastry bag with a round No. 10 tip (about 3/8-inch diameter).
2. Combine sugar and salt in small bowl. Beat egg whites and cream of tartar in small bowl with electric mixer at low speed until soft peaks form.
3. Gradually add sugar mixture, beating constantly. Beat until stiff peaks form and meringue is shiny and smooth. Add extract; beat just until blended.
4. Fill pastry bag with meringue. Pipe a log three to four inches long. Pipe two balls on both ends of each log. Smooth any peaks with wet finger. Repeat with remaining meringue.
5. Bake 30 minutes; turn off heat. Leave cookies in oven overnight; do not open oven door. Makes about two dozen cookies.

Tip: To give the bones an ivory or aged look, add one to two drops yellow food colouring with the extract. If you want to get even creepier, serve these meringue bones with a side jar of strawberry jam.

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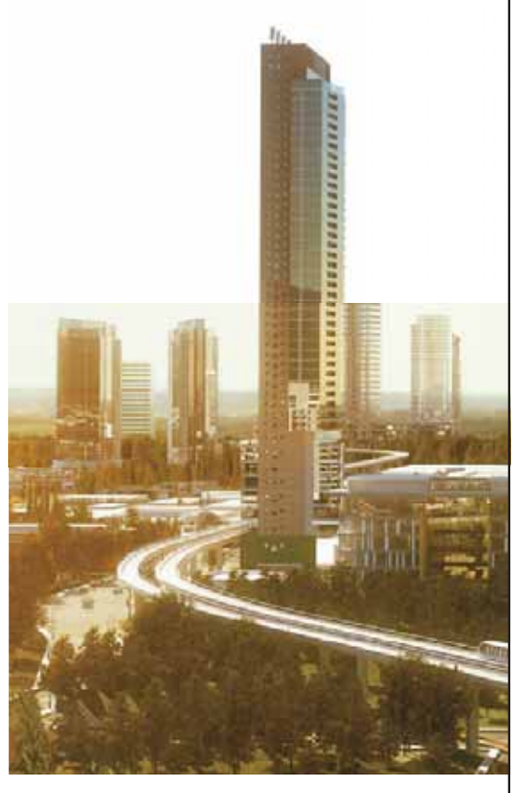

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Putting the haute in horror

Don't spend all your time fussing over your costume — OK, yes, do that too — but you've also got a Halloween party to set up. Get into the spooky theme with dark touches for your home. Here are some non-tacky options to get your heart racing.

TINA CHADHA
Metro World News in New York City

Stash your pretty scented candles and light one of these. Haunting Nights LED Candles, $128 US, oliveandcocoa.com.

We might leave this guy up all year round. Lighted Glitter Crow, $18 US, target.com

Creepy and elegant — our kind of party. Liba Home Archival Perfect Setting placemat, $22 US for 50, libastyle.com.

It's all in the details. Kikkerland Skull & Bone ice cube tray, $4.99 US, bedbathandbeyond.com.

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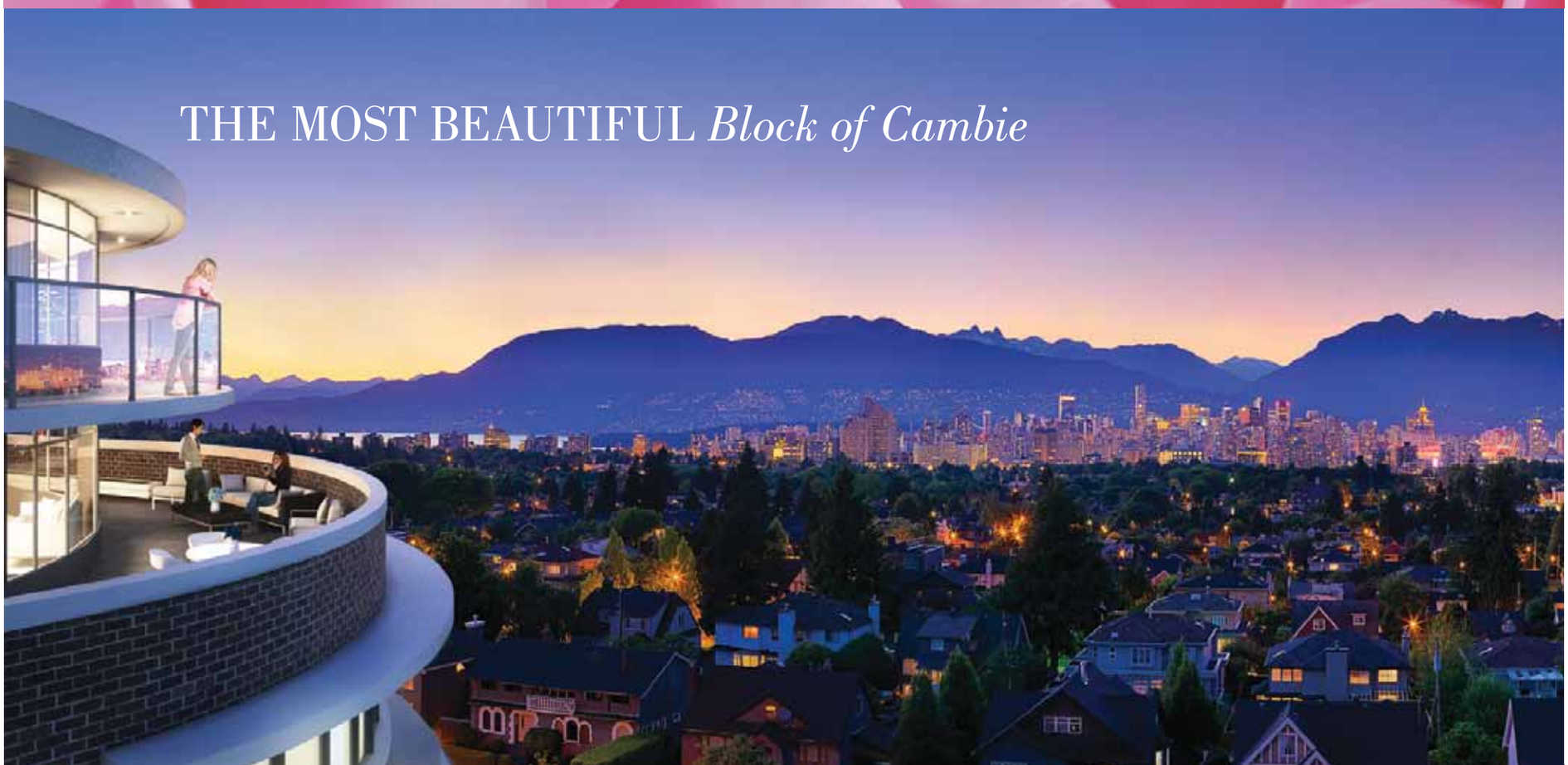

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Cosy up your home for fall

Prep your place for the cooler temps with these autumn-approved furnishings

TINA CHADHA
Metro World News in New York

Wooly rugs

These floor coverings make walking around barefoot so much more comfy.

JC Penney Agra Plaid washable cotton rug, $15 US, jcpenney.com

Cushions

Swap out bright, sunny pillows for some plush jewel-toned ones to match your permanent glass of Cabernet.

H&M pillow, $12.95 US, hm.com

Candlelight

No fireplace? Candles add a warm glow to any room. And Diptyque's new Noisetier boasts a woody autumn scent.

Diptyque's Noisetier candle $60 US, diptyqueparis.com

A big comfy chair

We know that you plan to do a lot of reading (and hosting) in the cold months.

Ikea Strandmon wing chair, $299, ikea.ca

Hues in metal

Another way to bring fall into your home is with metallic hues.

Crate and Barrel Cleo table lamp, $319 US, crateandbarrel.com

Throw it in

You'll be spending many a night on the couch. A textured throw will be your snuggle buddy.

BoConcept mixed striped throw, $59, boconcept.com

Have your jack-o'-lantern and eat it too — in a creamy Pumpkin Soup

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This fall, enjoy the abundance of pumpkins that are virtually found everywhere!

Pumpkins are rich in carotenoids, recognized to keep your immune system healthy and strong.

If you would like to try using fresh pumpkin instead of canned, just roast a small pumpkin at 400 F until tender, about 45 minutes. Cut open, scrape away seeds and scoop out pulp and mash.

Ingredients

- 2 tsp vegetable oil
- 1 1/2 cups chopped onions
- 1 1/2 cups chopped carrots
- 1 1/2 tsp minced garlic
- 1 tsp minced ginger
- 3 cups chicken or vegetable stock
- 1-1/2 cups canned pumpkin purée
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/8 tsp nutmeg
- 1 tsp hot sauce
- 1 cup light coconut milk
- 1-1/2 tbsp honey

Garnish

- 1/4 cup low fat sour cream

1. In saucepan sprayed with cooking spray, heat oil over medium-high heat; cook onions, carrots, garlic and ginger for 10 minutes, stirring frequently, or until onions are softened and browned. Stir in stock, pumpkin, cinnamon, ginger, nutmeg and hot sauce. Bring to a boil. Reduce heat to low, cover, and cook for 30 minutes or until carrot is tender.

2. In batches, purée soup in a blender. Return soup to saucepan. Stir in coconut milk and honey. Gently reheat.

3. Divide among soup bowls.

4. Garnish: Place sour cream in a small plastic baggie. Snip off the end corner of the bag. Carefully draw approximately 3 to 4 circles on top of the soup as in photo. Use a toothpick to drag lines from the centre out toward the edges to create a web design.

Pumpkin and Light Coconut Milk Soup

This recipe serves four and contains 172 calories per serving. ROSE REISMAN

For your phone

Foodie Halloween Treats (iPad/iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

There's spooky treats for all in this fun collection of 40 Foodie Halloween recipes spanning drinks, cakes, cookies and candies. Enjoy chocolate frogs, spice-roasted pumpkin seeds, and caramel apple cider cocktails.

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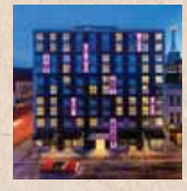
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MOBILE SOLUTIONS DELIVER BENEFITS

Investing in mobile technologies can pay big dividends, particularly when the technologies address particular business challenges. Careful research and analysis is the key to success — to get the biggest returns, a company must start with a clear picture of its current operations and be able to identify how mobile access to data can contribute to profitability.

According to several studies, small- to medium-sized enterprises are most likely to benefit from mobile technologies in three ways:

- Employees can work from remote locations;
- Ability to network with both new and prospective clients; and
- Rapid, accurate analysis of centrally stored data — some of which originates in remote locations.

Bell Mobility's solution delivered all three benefits to Sure Track Courier. Up until a few years ago, the company relied on a combination of two-way radios, cellphones and pagers to connect dispatchers and drivers. The new system incorporates fleet-tracking software, GPS, and hands-free push-to-talk service. The system also generates accurate up-to-the-minute reports, reducing headaches for both drivers and dispatchers.

"In our business, time is money," says Victor Pereira, sales and operations manager at Sure Track Courier. "And it's easy to waste time through communications. Now we can send only relevant information and make sure it arrives just as it's needed. Drivers can concentrate more on driving and get instant help in avoiding traffic jams and finding the best routes."

THE BELL ADVANTAGE

Bell business experts provided a unique set of wireless solutions that addressed Sure Track's business challenges. In addition to wireless expertise, the courier company benefited from the following Bell advantages:

- Canada's largest LTE network;
- Canada's trusted push-to-talk service;
- Global coverage in more than 200 countries;
- Dedicated small business specialist – 24/7 live technical support.

ISTOCK/THINKSTOCK

According to Pereira, the key to success has been creating a user interface that meets the specific requirements of the company's drivers and dispatchers. Sure Track representatives worked directly with Bell and Bell's technology partner to create a navigation system that prompts users to enter information in a logical order and with a minimum of touches. The system transmits the meaningful, accurate reports that Sure Track needs to plan and manage its business effectively.

"We know everything from where our vehicles are to the temperature inside of our trailers — which can be extremely important, depending on what's inside," Pereira says.

TECHNOLOGIES TAILORED FOR YOUR BUSINESS

STOCKLITE/SHUTTERSTOCK

More businesses are adopting mobile technologies and using them to increase profitability and improve customer service. With a large influx of mobile technologies in the marketplace, the challenge facing many small- to medium-sized enterprises is determining which technologies are best suited to their business.

"We had tried various systems, but they weren't really working that well for us," says Victor Pereira, sales and operations manager at Sure Track Courier. "We worked with Bell Mobility to create a complete system that meets all of our business needs."

Sure Track is a Toronto-based courier company providing delivery, freight and warehousing services in Canada. The company needed a reliable way to track both vehicles and shipments in real time, and to analyze data about everything from the costs of fuel and tolls to vehicle wear and tear. Bell Mobility delivered a customized solution that incorporates GPS technology and simultaneously manages dispatch, billing and warehousing information. As a result, Sure Track spends less on fuel and tolls, and can provide customers with accurate, timely pick-up and delivery information.

"About a month ago, an airline contacted us because it had a plane on a runway in Kentucky that needed a part from a manufacturer in Toronto," Pereira says.

"The new mobile solution enabled us to dispatch the closest vehicle and track the delivery right to the tarmac. That made Sure Track look good to our client — the airline company — because they knew exactly how long their plane would be out of service and could plan accordingly."

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HALLOWEEN FUN

Thursday, October 24, 2013

According to a recent Halloween shopping survey released by thrift shop Value Village, top costume trends point to zombies once again, inspired by the TV show The Walking Dead. TORSTAR NEWS SERVICE FILE

Scare up the perfect costume

JANE DOUCET
For Metro

Trick-or-treaters are getting their Halloween costume inspiration from pop culture once again.

According to the recent annual Halloween shopping survey released by the thrift retailer Value Village, top trends point to camouflage and bushy beards à la Duck Dynasty, and zombies from The Walking Dead.

Similar to past years, nearly 50 per cent of survey respondents think movies and TV shows provide the best costume ideas, and almost 40 per cent said they put in more effort to wear something different every year because they know pictures of them in costume will be posted on social media outlets such as Facebook and Pinterest.

Here are several trends for this Halloween as revealed in the Value Village survey:

Camouflage rules

Nearly one in two costume wearers plan to deck themselves out like the Robertson men of Duck Dynasty in camo and big beards as a group look. That's more than those who would choose the Royal Family or Kim, Kanye and baby Nori.

Zombies come close

For the third year in a row, survey respondents chose The Walking Dead as the TV show that most inspires their costume.

Camo and beards will be a popular costume choice thanks to Duck Dynasty and the Robertson clan. ASSOCIATED PRESS FILE

Channelling Macklemore

Thanks to the hip-hop artist's Thrift Shop anthem, almost one in two respondents are considering finding a costume at a thrift store.

Creativity is key

Nearly one-quarter of respondents think you can tell a lot about someone's personality based on their costume. To stand out, 41 per cent of those planning to wear a costume will get creative and create their own instead of buying a pre-packaged one. Only four per cent will wear the same costume every year.

Each Value Village location has dedicated "costume consultants" who are specially trained to help people find exactly what they need. Stores have been hosting free Halloween "costume catwalk" fashion shows showcasing the most popular looks at 3 p.m. every Thursday in October.

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Safety. Tips for trick-or-treating

Every year in the days leading up to Oct. 31, police forces across the country ask Canadians to help make the spookiest night of the year also the safest.

"The most important thing is for kids to be able to see and be seen," says Const. Donald Jenkins of Halifax Regional Police's Community Relations Crime Prevention division.

That means costumes should be brightly coloured or reflective and shouldn't restrict vision or movement so kids can clearly see people and vehicles and to prevent them from tripping and falling.

Here are some other tips to help keep the little ghouls and goblins out of harm's way:

• Try to limit crossing the street. Go down one side of the street and up the other to reduce the number of times you cross.

• Carry a small flashlight. "This is good for both kids and parents because it helps make them more visible, especially to vehicles," Jenkins said. Parents can also attach glow sticks to their kids' costumes.

• Flammable materials, flowing skirts, baggy sleeves and oversized costumes can all be hazards around candles or flames. Look for costumes, beards and wigs that are labelled "flame resistant." Costumes made from nylon or heavyweight polyester are best.

• Never allow children to enter a stranger's home or car to get a treat. If you are handing out the goodies, don't invite little ones you don't know into your home.

• Look over all of the loot before the kids dive in. "Treats should be tightly wrapped like they would be straight from the manufacturer," Jenkins said. JANE DOUCET

Never allow children to enter a stranger's home or car to get a treat. COLOURBOX

Experts say indulging at Halloween won't make or break regular healthy eating habits. ISTOCK/THINKSTOCK

It's OK to indulge every now and again

JANE DOUCET
For Metro

Special occasions

"Halloween is just one day — it's how your family eats the rest of the year that really counts."

Kristyn Hall, a registered dietitian and the owner of Nutrition and Culinary Solutions in Calgary

Parents, brace yourself: Oct. 31 is just around the corner and your kids are no doubt mega-excited about the huge haul of sugary and salty treats they will get going door to door.

The good news is that experts say indulging more than usual during this ghoulish time won't make or break regular healthy eating habits.

"Halloween is just one day — it's how your family eats the rest of the year that really counts," said Kristyn Hall, a registered dietitian and the owner of Nutrition and Culinary Solutions in Calgary.

On trick-or-treat day, Hall advises feeding kids a balanced breakfast, lunch and dinner consisting of a carbohydrate such as a whole grain, vegetable or fruit, protein such as milk, cheese, yogurt, meat or a meat alternative, and a healthy fat such as peanut butter or another nut butter, seeds, nuts or avocado.

"Then their tummies are filling up on what I call 'growing food,' which helps their bodies develop properly," Hall said.

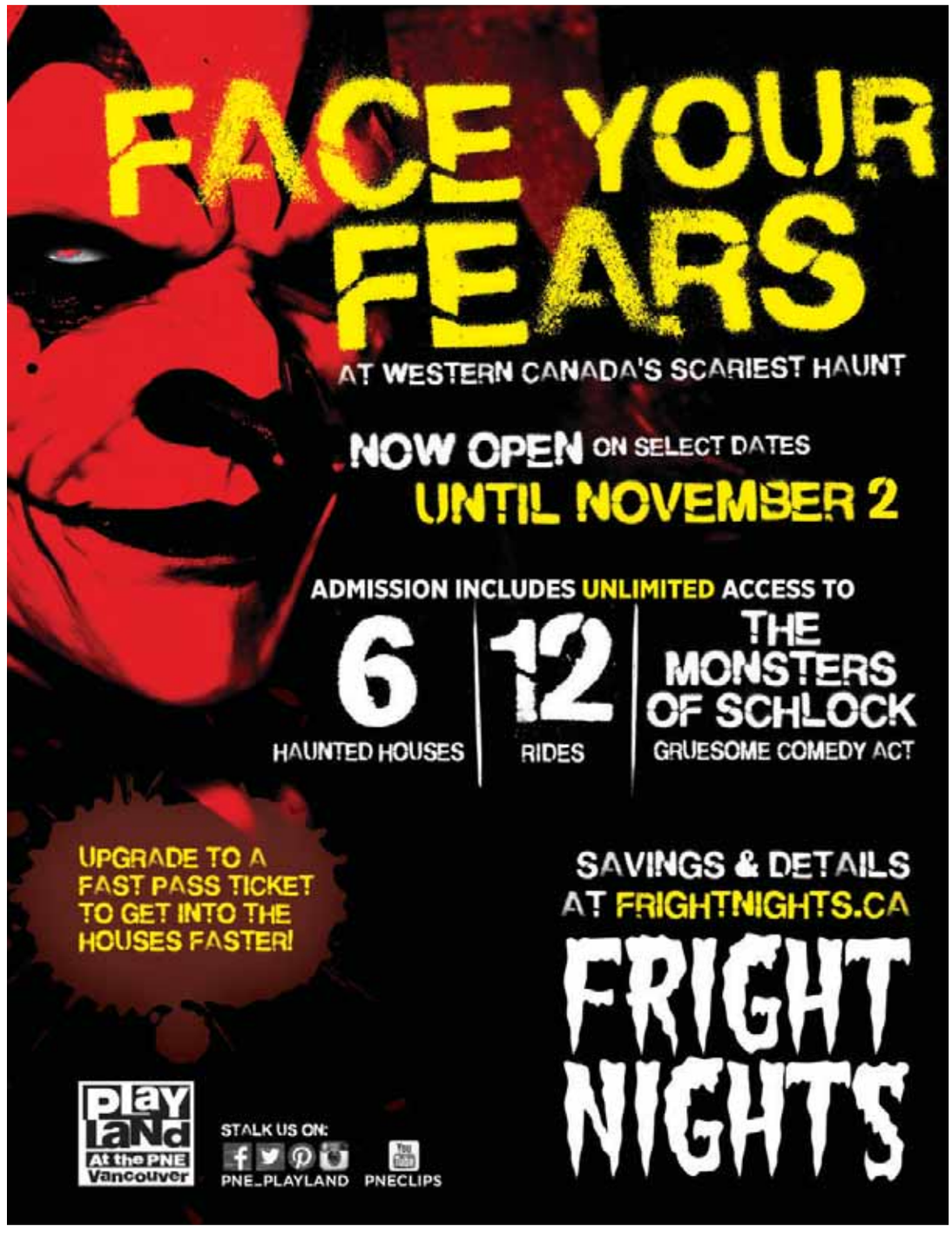
By the time the evening rolls around, a healthy food foundation has been laid.

Some parents who accompany their kids door to door carry a back-up bag or even a pillowcase for when their goblin's first bag is full.

"As a parent, you have to ask yourself how comfortable you are allowing that amount of candy into your home," Hall said.

When it's time to dump out the loot, parents should help sort it. You can teach the kids to divvy it into three piles — favourite treats, kind of like them, and don't like them — then give them away or throw out the duds.

Moms and dads also need to explain how to incorporate the treats in moderation into an overall healthy diet.



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See dealer for details.

Rondo EX Luxury shown△

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Sorento EX shown△

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Optima SX Turbo shown△

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Sportage SX shown△

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CITY (A/T): 9.7L/100KM

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CFL

Lions look to D to carry Grey Cup aspirations

Vaunted was once the buzzword of the day to describe the B.C. Lions defence.

But no longer — at least not right now. Inconsistent would be more appropriate, although that label applies to the entire football team and has pretty much since the 2013 season started in late June.

"We have a standard as a defence and that's not to have any big breakdowns or letdowns," said Lions defensive back Ryan Phillips after Tuesday's practice in Surrey.

"I don't think it's been consistent enough."

The Lions host the Edmonton Eskimos (3-13) on Friday at BC Place Stadium. Two games remain in the regular season, with the Lions locked into third spot in the West Division and still unsure as to when star quarterback Travis Lulay, currently out with a shoulder injury suffered on Sept. 15, will return.

The Lions are 9-7 and on a three-game losing streak.

With Lulay's status still up in the air and the offence currently relying on a second-year quarterback in Thomas DeMarco, it's becoming more apparent that if the Lions are to make it back to the Grey Cup, it may have to be the defence that provides the backbone for such aspirations.

"I've believed that since I first got here," said veteran defensive back Dante Marsh.

"Even when we had all the firepower on the offence. It's always that mentality of the defence gotta win." CAM TUCKER/METRO

Whitecaps striker sees long-term fit here

MLS. Camilo Sanvezzo's 19 goals leads the club, but he's aiming to be the top scorer in the league

CAM TUCKER
cam.tucker@metronews.ca

Whitecaps forward Camilo Sanvezzo reacts after the Rapids' 3-2 victory in Commerce City, Colo., on Oct. 19. The loss eliminated the Whitecaps from MLS playoff contention. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

You can't blame Camilo Sanvezzo for his initial perception of Vancouver as a hockey town and nothing but.

That was three seasons ago, when the Brazilian striker arrived in British Columbia to enter the next stage in his professional career with the Major League Soccer expansion Whitecaps.

"When I came here, I think (it's) just about hockey," he said Wednesday.

"But when I get here, the people love soccer ... and (I'm) very happy here."

Sanvezzo, 25, is having a career year for the Whitecaps, and it's not over yet. He's scored a team-high 19 goals, many in spectacular and stunning fashion, to earn the Domenic Mobilio Golden Boot and BMO Player of the Year awards.

He currently sits one behind Mike Magee and Marco Di Vaio for the league lead in goals, entering Vancouver's final game of the season, which goes Sunday against the Colorado Rapids at BC Place Stadium.

The Whitecaps were eliminated from playoff contention with the loss last Saturday.

Sanvezzo is chasing the Golden Boot as the league's top goal scorer.

Feels like home

"I love this city, I love the support and I want to stay here a long time."

Whitecaps striker Camilo Sanvezzo

"If I'm being honest, if someone had said he was going to score … 19 goals — and he's not finished yet, he could get a couple more — I would've said that if he did that, it would be an absolutely outstanding season," said Whitecaps president Bob Lenarduzzi.

Sanvezzo says he has two option years left on his current contract, which paid him $247,500 in guaranteed compensation this season.

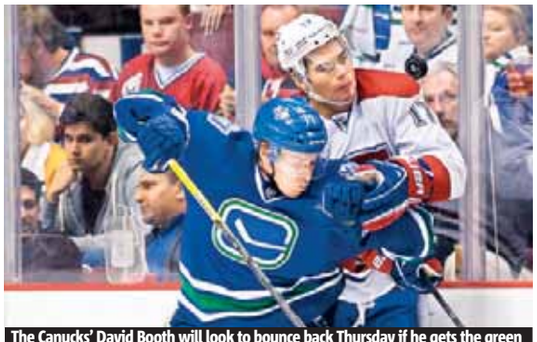
Sanvezzo's 2013 campaign — he also scored 12 goals in the club's inaugural MLS season in 2011 — surely won't go unnoticed in Europe, although he seems content to stay in Vancouver.

"I love this city, I love the support and I want to stay here a long time," he said.

Sanvezzo's wife, Jessica, is also pregnant. Stability off the pitch is also key in his desire to stay in Vancouver.

"We know the city, we know the people, we know everything and you feel home here and we are very happy here."

Time for Booth 'to step up': Canucks GM



The Canucks' David Booth will look to bounce back Thursday if he gets the green light after being a healthy scratch on Tuesday night. RICH LAM/GETTY IMAGES FILE

The Vancouver Canucks' coaching staff and management is hoping David Booth's experience as a healthy scratch will act as a wake-up call for the left-winger.

Booth was scratched Tuesday night, as the Canucks skated to a 5-4 overtime victory against the New York Islanders. Now into the sixth leg of their current seven-game road trip, the Canucks are in New Jersey to face the Devils on Thursday.

"I think David will respond," Canucks general manager Mike Gillis told Team 1040 radio Wednesday.

"He's a very good player when he's got energy and when he's playing well. We've been at this now for 10 games and it was time for him to step up.

"I don't think it's a confidence issue with David. He works extremely hard off the ice and we just need him to get re-focused on his play on the ice during a 60-minute hockey game."

Booth, 28, has one goal and three points in the first 10 games of the season. Once a 31-goal scorer with the Florida Panthers, he has scored only twice in his 22 games combined over this season and last.

Injuries have piled up for Booth, who has two years remaining on his current deal at a cap hit of $4.25 million. His latest ailment, an ankle injury suffered last season that required surgery, kept him out of the start of training camp in September.

He's likely to draw back into the lineup against the Devils.

Gillis told the radio station that winger Jannik Hansen has returned to Vancouver for further evaluation on an injury he suffered Tuesday.

CAM TUCKER/METRO

4 SPORTS

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Horoscopes

♈ Aries
March 21 - April 20
For best results today, you should be totally honest about your feelings — even when a backlash is likely. You may lose out in some way in the short-term but in the long-term your reputation will soar.

♉ Taurus
April 21 - May 21
A loved one can be hard to understand at times and today it may be impossible to work out what is going on in their head, never mind their heart! Don't worry, it will be OK.

♊ Gemini
May 22 - June 21
Make sure any changes you make over the next 24 hours are necessary. If you have any doubts at all you should keep things as they are, at least for the time being.

♋ Cancer
June 22 - July 23
Make a wish list and expect those wishes to start coming true over the next few days. Thoughts exist, they are real, and the more you think about what you desire, the more likely it is you will get it.

♌ Leo
July 24 - Aug. 23
You may not be the sort who is easily fooled but you should still be on your guard today. Someone you thought you could trust is playing games at your expense. Don't let their games leave you out of pocket.

♍ Virgo
Aug. 24 - Sept. 23
The planets warn you may be too lenient with someone. If you are, it is likely they will take it as a sign of weakness and take from you more. Don't let your heart rule your head.

♎ Libra
Sept. 24 - Oct. 23
Under no circumstances should you take risks with money. The Sun's move into the financial area of your chart means there is a lot to gain but more to lose.

♏ Scorpio
Oct. 24 - Nov. 22
If there is one thing you hate, it's not being sure what is true and what is false. But, there is no way of knowing today. The more thought you give the situation, the more of a dilemma it will be, so stop it.

♐ Sagittarius
Nov. 23 - Dec. 21
Some people just cannot take criticism and one such person will give you a hard time today because you pointed out where they're going wrong. They should not abuse you — they should thank you.

♑ Capricorn
Dec. 22 - Jan. 20
You seem to be in a forgiving mood, which is not like you at all. Others may be suspicious but, yes, it's true — you really do want to be nice to people. They may even be nice back.

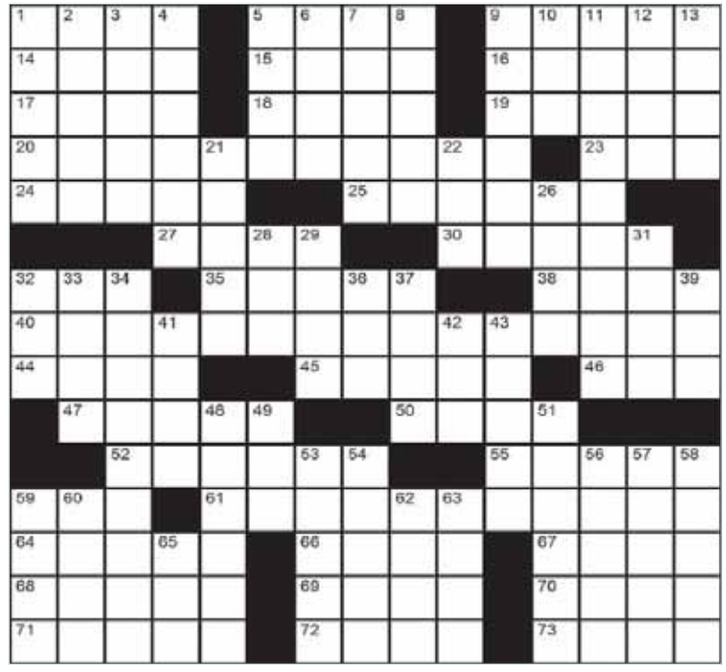
♒ Aquarius
Jan. 21 - Feb. 19
You have never been the sort to care too much what others think and if you find yourself swimming against the tide of opinion today you will be quite happy about it. You enjoy being the odd one out?

♓ Pisces
Feb. 20 - March 20
If certain people seem somewhat evasive, it's a sure sign that something underhand is going on. And, you have a fair idea what it is. Don't let them know their deceit has failed yet. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

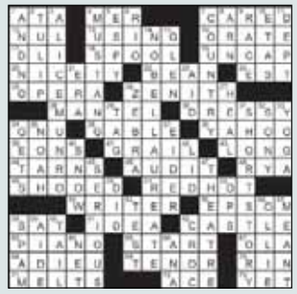
BY KELLY ANN BUCHANAN



Across
1. Botanist Mr. Gray's
5. Weight unit
9. Rose __ pink (Pretty colour)
14. 110-__ appliance
15. Hawkeye State
16. Function or purpose
17. Ancient concert sites
18. Thickening gum
19. Works the Fall leaves
20. The Fall Classic: 2 wds.
23. 'Lion' suffix
24. Big tree along coastal British Columbia, __ Spruce
25. "Whatcha Say" by Jason __
27. City haze
30. Coral formations
32. Common lunchbox sandwich [acronym]
35. Dearly departed bios
38. In the distance
40. Located in Regina, the 'Depot' of the RCMP is its what?: 2 wds.
44. Wrestling of Japan
45. Vision
46. "__ Haw"
47. Prometheus, for one
50. Words on a garage sale tag
52. "The Wiz" (1978) song: "____ Down the Road"
55. Pairs
59. __-relief
61. 1983 comedy flick featuring the SCTV characters at #11-Down: 2 wds.
64. Diminish
66. Stead
67. Trickery
68. AC/DC's "__ Bells"
69. Racetrack shape
70. "Heat of the Moment" band
71. Mr. Baldwin's
72. Jodie Foster movie
73. 12 months

Down
1. Pledges
2. "Me too.": 3 wds.
3. Warning signal
4. Celery segments
5. Jobs for musicians
6. Don Juan type
7. Trophy
8. Chocolate bar, Sweet __
9. Act on
10. Conductor, __-Pekka Salonen
11. "__ __, __!" - Bob and Doug McKenzie
12. Eras
13. Fewer
21. Matt of movies
22. Be off
26. Be up ahead
28. Kimono sash
29. Some bar drinks
31. Ditto
32. Tips, tiny-ly
33. Men's cologne brand
34. Pairs skating great who is a judge on "Battle of the Blades": 2 wds.
36. Restaurant chain, _._._. Friday's
37. Canadian band of "Scratching the Surface"
39. Word with Whiskey
41. Bitty bit
42. Actor brother of Miley's ex Liam ...his initials-sharers
43. "There is _ __ in the affairs of men." - Shakespeare
48. Evaluate
49. Web
51. Public transport mode
53. Synthetic yarn
54. Gullible
56. Originate from
57. Alberta village, 'Gateway to the Handhills'
58. Use profanities
59. "Who Let the Dogs Out" by __ Men
60. Cain's sibling
62. Actress Patricia
63. Bird type
65. "Cake Boss" network

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3		2			9		5	
				6	1			2
4				5		3		
		7					9	
		4	1		5	7		
	6					2		
		8		9				6
1			7	8				
	4		2			8		5

Yesterday's Sudoku

7	8	6	9	3	2	1	5	4
2	4	1	7	5	6	3	9	8
9	3	5	4	8	1	7	2	6
3	1	7	2	6	4	9	8	5
5	2	8	3	7	9	4	6	1
4	6	9	5	1	8	2	3	7
1	7	3	6	9	5	8	4	2
8	5	2	1	4	3	6	7	9
6	9	4	8	2	7	5	1	3

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